



## Find out more and join North Yorkshire's Healthy Schools award scheme!

Welcome to the Summer term'21 update from North Yorkshire's Healthy Schools team.

Welcome to the Summer update from the Healthy Schools team. We'd like to let you know how things are going and how to join in if you haven't had chance yet. We'd also like to support as many schools as possible to achieve an award, so

please look out for free training during the Summer and Autumn terms.

Since the scheme launched in October 2019, 200 North Yorkshire schools have signed up to take part, that's 54% of the County's schools.

**53**  
schools have  
already achieved  
an award

**GOLD**  
  
**Healthy Schools**  
North Yorkshire  
**11**

**SILVER**  
  
**Healthy Schools**  
North Yorkshire  
**24**

**BRONZE**  
  
**Healthy Schools**  
North Yorkshire  
**18**

### The Healthy Schools programme:

- Is fully funded by North Yorkshire Public Health so all schools, including academies, can take part, attend training and receive awards without charge.
- Enables schools to effectively focus on the wellbeing of the whole school community and support school's judgement around personal development.
- Provides an evidence based criteria for schools to audit their present practice and provision against.

Supports and recognises good practice around four key themes:

- Active Lifestyles,
- Emotional Health & Wellbeing
- Food in Schools
- PSHE (including the statutory RSHE).

- Provides a quality assured process; applications are checked by key partners including North Yorkshire Public Health, North Yorkshire Sport, NYCC Catering and Compass Buzz (mental health service).

- Includes pupil voice and staff wellbeing as key components of the scheme.
- Offers a variety of free online training sessions each term.

### Online pupil event: book now!

This Summer our Healthy Schools celebration event will take place online on Thursday 22nd June from 1-3pm and will include interactive workshops for primary and secondary pupils to take part in. Even if you've not started working on Healthy Schools, you are very welcome to attend but you do need to be registered with the scheme. **Bookable via NYES using course code: SI-0621-T028**

Previous celebration events have inspired school staff and pupils to take further action in their schools to improve health and wellbeing.



**“A pupil healthy school team was set up after being inspired by their visit to the Pupils Healthy Schools Launch event at Harlow Carr (Harrogate). The pupils recognise the importance of working outdoors for their wellbeing.”**

Headteacher of Aiskew, Leeming Bar CE Primary School (July 2019)

### Staff training – please book your FREE place (to start the process, or for a refresher)

Since launching in October 2019, 200 members of staff have attended Healthy Schools training.



Our overall aim is for ALL schools in North Yorkshire to become a 'Healthy School' so we would like to invite any schools who have not yet registered with the scheme to attend some free training to learn more about how to get started on the award.

We appreciate it has been a very difficult time for schools and would like to stress that the scheme is very flexible so schools can progress at their own pace, and we aim to make the process as easy as possible for schools, so that it can fit around your other commitments. We are here to support you in the process so please do contact us if you need help.

If you have already signed up for the award but need a refresher then you are also most welcome to attend the training again.

### Online training for Summer term 2021 (bookable via NYES):

Getting started on the North Yorkshire Healthy schools award: Monday 28th June 1.30-3.30pm (Course code: SI-0621-T023)

**Getting ready to submit for a Healthy Schools award:** Tuesday 11th May 2021 1:30-3:30pm (Course code: SI-0521-T009)

The Healthy Schools team can also provide support via email, phone and bespoke Teams sessions.

### Training feedback has been very positive from schools:

“The Healthy Schools team have been extremely supportive and provide excellent training”.

“Someone is always on the end of an email - even during lockdown. Remarkable!”

### What do schools think of the scheme?

“We are delighted with our Healthy Schools Silver award and what it represents. The wellbeing of our pupils, staff and the wider Community is at the heart of everything that we do. Achieving this award is fantastic affirmation of our commitment to developing the whole child in a safe, secure and caring environment where they can flourish and achieve their potential, whatever, that might be.”

Brompton community primary school. Silver Award (Summer 2020).



“We are really pleased to have had the opportunity to engage in the Healthy Schools Award, it has helped us to really focus on our strengths as a school but also work to improve areas that required further development. ”

Ryedale secondary school. Silver Award (Summer 2020).



**Next award submission  
Deadline June 25th**

### What next?



We are continually adapting to meet changing priorities. During 2021 we will be adding

new topic areas to the Healthy Schools scheme including on the Environment and Diversity. We will be launching a brand new Healthy Early Years award in the Autumn.



We are in the process of developing new healthy packed lunch guidance in partnership with Public Health, as requested from

schools, who have seen increasingly unhealthy lunches on pupils' return to school post lockdown.

Find our more and register your school at: [healthyschoolsnorthyorks.org](https://healthyschoolsnorthyorks.org) or get in touch [healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

Ruth Stacey & Clare Barrowman:  
Healthy Schools award team.

Thanks to all our partners: NYCC Public Health, NYCC Facilities Management Catering, NYCC Travel; North Yorkshire Sport and Compass Buzz.

